



How Elders and Caregivers Can Take Advantage of Summer

Enjoying breezy warm summer temperatures doesn't have to be a distant memory for elders and caregivers. After being cooped up in the house for possibly months at a time, senior adults can breathe in the fresh air, even if they are experiencing mobility problems.

Although caregivers may be aware of the benefits, sometimes it seems as if the obstacles, such as wheelchair access, bathroom access, frailty and fatigue, are too great to overcome the great outdoors. Caregivers can start to prepare elders with mobility problems to take the steps to head outside. Your physician can suggest chair exercises to make them more stable and build their muscles, for example. It's also important to make sure an elderly family member stays well hydrated; if not, it can impact

muscle function and blood pressure and lead to a dangerous situation.

Types of outdoor activities

1. Catch a sporting event.

The events could be watching a grandchild's soccer game or attending a professional game, like baseball.



2. Fish for fun. You can cast a rod from a pier or other location, even if someone is wheelchair bound.

3. Be a tourist. If you live in a city, take an open-air bus or trolley tour to see the local sights. Or a boat tour, depending on what type of equipment an elder needs to take with them.

4. Take a dip. For some folks, it may just be putting a foot in the pool, while others may be able to handle low-impact water aerobics.

5. Stroll around. If a walk is possible, start slow. Three or four minutes in one direction, turning around and coming back.

6. Be a bird lover. If you have a birdhouse, bird feeder or bird bath in your yard, checking on the those daily give a reason to go outside.

7. Pedal around. Rent a three-wheeled bicycle, which are easier to mount and ride.

8. Go fly a kite. Let an elderly individual take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.

9. Picnic outdoors. Elders can watch children run around or enjoy the buzz of outdoor activity.

10. Celebrate the holidays. From Memorial Day concerts to Fourth of July fireworks, there are plenty of community events this summer with opportunities for elders to get out.

In This Issue:

- *How Elders and Caregivers Can Take Advantage of Summer*
- *Spicy Summer Squash recipe*
- *Employees of the Month / New Employees*
- *Detailed July/August Calendars*
- *Walk to End Alzheimer's Sept 11th*
- *Residents of the Month*
- *Residents Corner Photos*
- *Administrator's Corner*
- *Dementia and Alzheimer's: Planning and Preparing for the Road Ahead*

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Our Activities department strives to promote the activities of daily life. We as a team have lots of great ideas for outings and events, but would love input and ideas from you. Please feel free to call or email with your ideas and thoughts to make 2016 an outstanding year!

Canby: 503-266-3031 or
Email: lisa@countysideliving.com

Redmond: 541-548-3049 or
Email: stephaniero@thelmasplace.org

July 2016 - Canby



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail/Spa/Shave Day

Thursday
Food and Travel Day

Friday
A Day of Reminisce

Saturday
Comedy Day

<p><i>Daily Events Include</i></p> <p>Town Hall Exercises Sensory and Music</p>	<p><i>Resident Birthdays :</i></p> <p>Pam 1st Jackie 17th</p>	<p><i>Employee Bdays:</i></p> <p>Kayla 11th Maria R 24th</p>	<p><i>Please join us</i></p> <p>Tuesdays @ 2pm for Tea party with Georgia!</p>		<p>1</p> <p>Town Hall Exercises Old Hollywood Name Game Devotional Hour</p>	<p>2</p> <p>Town Hall Meeting Happy Hour Drinks Dean Martin Hour</p>
<p>3</p> <p>Sunday Paper Town Hall Dominoes Hour Bingo Day!</p>	<p>4</p> <p>4th of July Backyard BBQ Parade to follow 12-2pm</p>	<p>5</p> <p>Town Hall Exercises Summer Sing Along Tea party Movie: Showboat</p>	<p>6</p> <p>Town Hall Meeting Beauty Hour Barber Shop Shaves Show</p>	<p>7</p> <p>8 Travel German Food Hour Music with Molli @3pm Travel to Mt Angel</p>	<p>8</p> <p>Town Hall Exercises Summer Journaling Music with George @ 3pm</p>	<p>9</p> <p>Laurel and Hardy Happy Hour Drinks Music with Stan the Piano Man!</p>
<p>10</p> <p>Sunday Paper Baking w/ Residents Afternoon Bingo Party!</p>	<p>11</p> <p>Town Hall Flip Flop Craft Read Circle 2-4pm</p>	<p>12</p> <p>Resident Birthday Party</p>	<p>13</p> <p>Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials</p>	<p>14</p> <p>Beach Trip To Seaside 10am-3pm</p>	<p>15</p> <p>Town Hall Exercises Guitar with Tim @ 3pm</p>	<p>16</p> <p>Town Hall Meeting Happy Hour Drinks Jerry Lewis Show</p>
<p>17</p> <p>Sunday Paper Coupon Cut out Casino Game Day Inspirational Reading</p>	<p>18</p> <p>Town Hall Rock Painting Craft Music w/ Bob @ 3pm Movie: Apple Dump- ling Gang</p>	<p>19</p> <p>Town Hall Exercises Walk to Waite Park Summer Sing Along Ice cream Social</p>	<p>20</p> <p>Morning Exercises Nails/Spa/Shave Share Day</p>	<p>21</p> <p>Travel Sweden Food Hour Music with Piano Pete @ 3pm</p>	<p>22</p> <p>Town Hall Exercises Journaling to Remember Devotional Hour</p>	<p>23</p> <p>Town Hall Meeting Saturday Morning Walk Happy Hour Drinks</p>
<p>24/31</p> <p>Town Hall Sunday Paper Baking w/ Residents Bingo Party</p>	<p>25</p> <p>Town Hall Rio De Janeiro Craft Music with Molli @ 3pm Movie: Babe</p>	<p>26</p> <p>Haircare with Becky SummerTea Party Trip to Walk on the Wild Side</p>	<p>27</p> <p>Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials</p>	<p>28</p> <p>Town Hall Travel: Rio De Janeiro Piano with Lori Byers @ 3pm</p>	<p>29</p> <p>Town Hall Exercises Painting Memories Devotional Hour Round Table Puzzles</p>	<p>30</p> <p>Town Hall Exercises Happy Hour Drinks Abbott and Costello Joke Time</p>

August 2016 - Canby



Sunday
Game Day

Monday
Craft Day

Tuesday
Music Day

Wednesday
Nail/Spa/Shave Day

Thursday
Food and Travel Day

Friday
Oldies but Goodies Day

Saturday
Family Day

Daily Events Include	1	2	3	4	5	6
Town Hall Exercises Sensory and Music	Town Hall Crafts for Farm Day Book Club Movie: The Nut Farm	Town Hall Exercises Summer Sing Along Tea party Movie: True Grit	Town Hall/ Meeting Beauty Hour Barber Shop Shaves Share Day	Town Hall/Meeting Making Soc -Hop Cookies Music w/Molli @ 3pm Movie: Grease	Town Hall Exercises Old Hollywood Name Game Devotional Hour Pictionary	Town Hall Meeting Happy Hour Drinks Lauren and Hardy
7 Sunday Paper Town Hall Dominoes Hour Bingo Day!	8 Town Hall/Meeting Crafts for Farm Day Walk to Wait Park Movie: Rebel	9 Town Hall Exercises Summer Sing Along Tea party Movie: Tootsie	10 Town Hall/ Meeting Beauty Hour Barber Shop Shaves Share Day	11 Town Hall/Meeting Mexican Food Hour Walk to Oaxaca Movie: Laddie	12 Town Hall Exercises Summer Journaling Courtyard Charades Movie: Animal Farm	13 Laurel and Hardy Happy Hour Drinks Music with Stan the Piano Man!
14 Sunday Paper Baking w/ Residents Afternoon Bingo Party!	15 Town Hall/Meeting Crafts for Farm Day Gardening Club Read Circle 2-4pm	16 Resident Birthday Party	17 Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials	18 OREGON KOREAN PARK AND GOOD WILL 10-2PM	19 Town Hall Exercises Devotional Hour Music w/ Tim @ 3pm	20 Town Hall Meeting Happy Hour Drinks I Love Lucy
21 Annual Farm Day 12-3pm	22 Town Hall Crafts for Farm Day Music w/ Bob @ 3pm Movie: Apple Dump-ling Gang	23 Town Hall Exercises Walk to Waite Park Summer Sing Along Music w/ Molli @ 3pm SB	24 Town Hall /Meeting Morning Exercises Nails/Spa/Shave Share Day	25 Swedish Cookies Arm Chair Travel to Sweden Music w/ Lori @ 3pm	26 Town Hall Exercises Journaling to Remember Devotional Hour	27 Town Hall Meeting Saturday Morning Walk Happy Hour Drinks Jerry Lewis Comedy
28 Town Hall Sunday Paper Baking w/ Residents Bingo Party	29 Town Hall Western Craft Walk to Parson's Movie: How the West was Won	30 Town Hall Exercises Walk to Waite Park Summer Sing Along Ice cream Social	31 Town Hall Meeting Music w/ Jim and Marilyn Cucumber Facials	Daily Events Include Town Hall Exercises Sensory and Music	Resident Birthdays : Linda 12th Daphine Swain 14th Rose Marie 19th Miriam 21st Bob 22nd Craig 22nd	Employee Bdays: Maria G 5th Brittany 13th Graciela 22nd Jody 22nd

July 2016 - Redmond



Sunday Game Day	Monday Craft Day	Tuesday Music Day	Wednesday Nail/Spa/Shave Day	Thursday Food and Travel Day	Friday A Day of Reminisce	Saturday Comedy Day
<p><i>Daily Events Include</i></p> <p><i>Town Hall Exercises</i> <i>Sensory and Music</i></p>	<p>Resident Birthdays : Maggie Wilson July 16th Terri Davis July 11th</p>		<p>Please join us on Wednesday's at 2pm for our Tea Party!</p> 		<p>1 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour</p>	<p>2 Town Hall Exercises Game Day Story Hour Movie & Popcorn</p>
<p>3 Town Hall Exercises Sunday Paper Coupon Cut out Inspirational Reading Afternoon Bingo</p>	<p>4 <i>4th of July Backyard BBQ</i> <i>Parade to follow 12-2pm</i></p>	<p>5 Town Hall Exercises Garden Club Ukulele Performers Cupcake Social Pet Therapy</p>	<p>6 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Pretty Nails</p>	<p>7 Town Hall Exercises Garden Club Armchair Travel: Germany Travel: Peterson's</p>	<p>8 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour</p>	<p>9 Town Hall Exercises Game Day Story Hour Movie & Popcorn</p>
<p>10 Town Hall Exercises Sunday Paper Coupon Cut out Inspirational Reading Afternoon Bingo</p>	<p>11 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling Movie Night</p>	<p>12 Town Hall Exercises Garden Club Resident Birthday Party w/Bobby Sing Along w/Isaac Pet Therapy</p>	<p>13 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Cucumber Facials</p>	<p>14 Town Hall Exercises Garden Club Armchair Travel: Australia Travel: Lavender Farm</p>	<p>15 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour</p>	<p>16 Town Hall Exercises Game Day Story Hour Movie & Popcorn</p>
<p>17 Town Hall Exercises Sunday Paper Coupon Cut out Inspirational Reading Afternoon Bingo</p>	<p>18 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling Movie Night</p>	<p>19 Town Hall Exercises Garden Club Ukulele Performers Ice Cream Social Pet Therapy</p>	<p>20 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Pretty Nails</p>	<p>21 Town Hall Exercises Garden Club Lunch At : Sam Johnson Park</p>	<p>22 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour</p>	<p>23 Town Hall Exercises Game Day Story Hour Movie & Popcorn</p>
<p>24/31 Town Hall Exercises Sunday Paper Coupon Cut out Inspirational Reading Afternoon Bingo</p>	<p>25 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling Movie Night</p>	<p>26 Town Hall Exercises Garden Club Sing Along w/Isaac Pet Therapy</p>	<p>27 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Cucumber Facials</p>	<p>28 Town Hall Exercises Garden Club Armchair Travel: Brazil Travel: Country Drive</p>	<p>29 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour</p>	<p>30 Town Hall Exercises Game Day Story Hour Movie & Popcorn</p>

August 2016 - Redmond



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Daily Events Include	1	2	3	4	5	6
Town Hall Exercises Sensory and Music	Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling	Town Hall Exercises Garden Club Ukulele Performers Pie Social Pet Therapy	Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Cucumber Facials	Town Hall Exercises Garden Club Armchair Travel: Greece Travel: County Fair	Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour	Town Hall Exercises Board Game Day Story Hour Movie & Popcorn
7 Town Hall Exercises Sunday Paper Coupon Cut Out Inspirational Reading Afternoon Bingo	8 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling	9 Town Hall Exercises Garden Club Sing Along w/ Isaac Watermelon Social Pet Therapy	10 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Pretty Nails	11 Town Hall Exercises Garden Club Armchair Travel: Paris Travel: High Desert Museum	12 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour	13 Town Hall Exercises Board Game Day Story Hour Movie & Popcorn
14 Town Hall Exercises Sunday Paper Coupon Cut Out Inspirational Reading Afternoon Bingo	15 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling	16 Town Hall Exercises Garden Club Ukulele Performers Resident Birthday Party	17 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Cucumber Facials	18 Town Hall Exercises Garden Club Armchair Travel: Fiji Travel: Air Museum	19 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour	20  LUAU PIG ROAST 12-3 PM
21 Town Hall Exercises Sunday Paper Coupon Cut Out Inspirational Reading Afternoon Bingo	22 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling	23 Town Hall Exercises Sing Along w/Isaac Chocolate Social Pet Therapy	24 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Pretty Nails	25 Town Hall Exercises Garden Club Armchair Travel: Spain Travel: Warm Springs Museum	26 Town Hall Exercises Walking Club Summer Baking Happy Hour Devotional Hour	27 Town Hall Exercises Board Game Day Story Hour Movie & Popcorn
28 Town Hall Exercises Sunday Paper Coupon Cut Out Inspirational Reading Afternoon Bingo	29 Town Hall Exercises Walking Club Watercolor Resident Book Club Bowling	30 Town Hall Exercises Garden Club Music w/Bobby Ice cream Social Pet Therapy	31 Town Hall Exercises Walking Club Afternoon Tea Time Barber Shop Shaves Cucumber Facials	Town Hall Exercises Garden Club Armchair Travel: Ireland Travel: Country Drive	Resident Birthdays Harold Brower: 8/8 Dave Pick: 8/11 Darlene Stone: 8/28	



Makes 4 Servings

Spicy Summer Squash with Herbs

Ingredients:

- 1 1/2 TB extra-virgin olive oil
- 3 medium yellow or green summer squash or a mix, diced (about 1 1/2 pounds)
- 1 small jalapeno, minced (with some seeds)
- 1 medium onion, diced
- 1 1/2 tsp white wine vinegar
- Kosher salt and freshly ground black pepper
- 2 tsp finely chopped fresh sage or rosemary
- 1 large clove garlic, minced
- 1/4 cup minced fresh chives

Instructions

1. Heat the oil in a large nonstick skillet over medium-high heat. Add the squash, jalapenos, onions, vinegar, 3/4 teaspoon salt and pepper to taste and stir to combine.
2. Cover and cook until the squash starts to brown, stirring twice during cooking, about 6 minutes.
3. Remove the lid and continue to cook, stirring occasionally, until the squash is nicely browned and tender, another 6 minutes.
4. Add the sage and garlic and cook for 1 minute. Season with salt to taste. Stir in the chives, transfer to a bowl or platter and serve.

Silver Star Program



Has one of our employees done something special for you today? Please tell us about it. Last year's winner Stephanie Oliver won a trip to the destination of her choice!!!! If you'd like to nominate someone for doing an outstanding job, please fill out a ballot located on our Silver Star boards!

Employees of the Month 2016

May - Canby

Elsa Chavez and Gloria Cruz

June - Canby

Maria Gonzalez and Claudia Marcelino

May - Redmond

Mike Taylor

June - Redmond

Nancy Tapia

Employee Spotlight:

Brittany Schwabauer
with CSL for 11 years!



Gloria Cruz
with CSL for 15 years!



Redmond's Residents Corner





Please join us on **September 11th 2016 at Portland International Raceway** for the walk to end Alzheimer's. Registration begins at 10am. The walk will begin at noon. Country Side Living is walking to help reclaim the future for millions. By participating in the Alzheimer's Association

Walk to End Alzheimer's®, we are committed to raising awareness and funds for Alzheimer's research, care and support. Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 16 million by 2050. Our future is at risk unless we can find a way to

change the course of this disease. We need your support to do our part! Please join our team Country Side Living by going to www.alz.org/walk/ and click on teams then enter Country Side Living and click join. If you would like to help in our community, please donate to our non-profit, day respite program, **Thelma's Place located behind our 390 NW 2nd Ave. location in Canby, OR.**

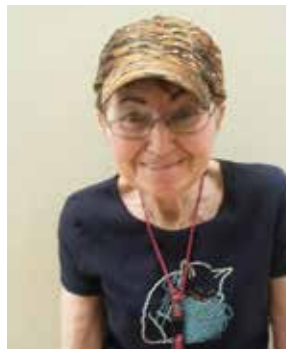
Thank you for joining us! The end of Alzheimer's disease starts with you.

Residents of the Month

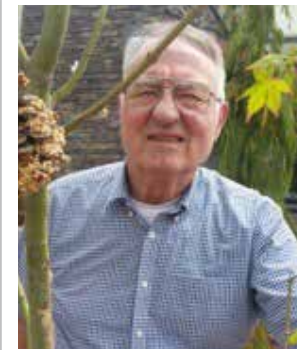
Diana Lander
Canby South



Carolyn Hill
Canby North



Ron Olson
Redmond



Upcoming Events

4th of July

Canby: 12-2pm, Canby General Days parade at 2pm.
Redmond: 12-2pm, parade at 10am in Downtown Redmond.

JOIN US SOON FOR

FARM DAY

**SUNDAY
AUGUST 21ST**

12-3PM



Canby's Residents Corner



Inspirational Corner *by Stephanie Roderick*

Lessons from Bea.....Bea (a new resident) scooted herself down to my office in her wheelchair to tell me that she was bored. We chatted for a few minutes and I asked why she was not enjoying any of the day's activities. She just sighed and said "the problem is that everyone here is so old". "But Bea", I replied, "you are 99 years old and almost every resident here is younger than you!" Her response stayed with me; "when I look in the mirror, I see a young and vibrant woman". This reminds me of an old saying "You can't judge a book by its cover". How we perceive others is not always the way they perceive themselves. We may see a physically healthy loved one but inside, their mind is deteriorating and their memories are fading. Keep this in mind when you visit your loved ones.



Dementia and Alzheimer's Care

Planning and Preparing for the Road Ahead

Alzheimer's disease and other types of dementia can be a challenging journey, not only for the person diagnosed but also for their family members and loved ones. The more information and support you have, the better you can navigate the long-term care options that are best suited to you and your loved one. As you come to grips with an Alzheimer's or other dementia diagnosis, you may be dealing with a whole range of emotions and concerns. Adjusting to this new reality is not easy. It's important to give yourself some time and to reach out for help.

Early-stage Alzheimer's care preparations

There are some Alzheimer's care preparations that are best done sooner rather than later. It may be hard to consider, however, putting preparations in place early helps a smoother transition for everyone. Depending on the stage of diagnosis, include the person with Alzheimer's in the decision-making process as much as possible. If their dementia is at a more advanced stage, at least try to act on what their wishes would be.

Questions to consider:

- *Who will make healthcare and/or financial decisions when the person is no longer able to do so? If your loved one is still lucid enough, getting their wishes down on paper means they'll be preserved and respected by all members of the family. Consider meeting with an elder law attorney to best understand your options. Consider power of attorney, both*

for finances and for healthcare. If the person has already lost capacity, you may need to apply for guardianship/conservatorship.

- *How will care needs be met? Caregiving is a large commitment that gets bigger over time. The person with Alzheimer's will eventually need round-the-clock care. Family members may have their own health issues, jobs, and responsibilities. Communication is essential to make sure that the needs of the Alzheimer's patient are met, and that the caregiver has the support to meet those needs.*
- *Where will the person live? Is his or her own home appropriate, or is it difficult to access or make safe for later? It may be necessary to relocate or consider a facility with more support.*

Find out what assistance your medical team can provide. Geriatric care managers can provide assistance with crisis management, interviewing in-home help, or assisting with placement in an assisted living facility or home.



COUNTRY SIDE LIVING
A Nice Place To Call Home

CSL REDMOND:
1350 NW Canal Blvd
Redmond, OR 97756
541-548-3049

CSL CANBY:
390 & 406
NW 2nd Ave.
Canby, OR 97013
503-266-3031



Thelma's Place
A Community of Caring...One Mind at a Time

THELMA'S CANBY:
503-266-5100

THELMA'S
REDMOND:
541-548-3049



Get more mileage out of your car

If you are thinking about selling or trading in your car, consider donating it to Thelma's Place. It's easy! We accept cars, trucks, RVs and boats - and they don't have to run! We'll even pick up the vehicle from you at your convenience.

Remember this is a tax deductible donation.

To arrange for a vehicle donation please call Thelma's Place in Canby or Redmond.

Canby Support Meetings

Family members past and present and the community are invited to the support group meeting the **4th Wednesday each month, at Thelma's Place, 6:00 – 7:30pm.**

Call our Canby location for more information.

Thelma's Place Adult Day Respite

For more information contact:

Ellen in Canby: 503-266-5100 or ellen@countysideliving.com

Stephanie in Redmond:
503-209-6827 or stephaniero@thelmasplace.org



Find us on Facebook!
www.countrysideliving.com
www.thelmasplace.org